

## Following the Road to Recovery: Christine Miranda

By Kathleen Piché, L.C.S.W., Public Affairs Director



In 2013, the LACDMH Public Information Office produced a ten-minute video news magazine series entitled “Meeting of the Minds” to highlight mental health news and success stories in LA County.

Christine Miranda told her story of recovery as a client interviewed for the project. Three years later, we wanted to check back with Christine to see how she is faring on the road to recovery.

### THEN:

Back in 2013, Christine described a long history of living with schizophrenia; experiencing delusions that pushed her out onto a window ledge, being conserved and ultimately homeless. It seemed that every time someone close to her died, Christine had a psychotic break and was hospitalized. At one point, Christine was catatonic for six-months on a locked inpatient unit, where she was written off as “deaf-mute” and “gravely disabled.” Christine was told by officials she’d be locked up for good but was eventually released with no place to go. She became homeless, and was living in a hotel when she decided to turn her life around with help from her pastor. Christine got educated, met a man she eventually married and started working full-time.

### NOW:

In 2015, Christine was hospitalized and received a new diagnosis of Bipolar I disorder which changed her life for the better. She felt much clearer after being taken off three medications and losing 65 pounds. She continues to see Walter Chameides, M.D., as her psychiatrist and works with NAMI as a “In Your Own Voice” trainer, telling her story and serving as a NAMI Walks representative and Team Captain for the Glendale chapter.

Christine is currently looking for full-time employment, having experience as a peer counselor. She has many certifications, including those of Recovery Specialist, Addictions Treatment Counselor and Chemical Dependency Specialist in Criminal Justice.

